



What's up WITH THESE emotions?

Join our **Minding Your Emotions** workshop
on Tuesday, October 30, 2018

This workshop goes through different feelings
and how to better understand why we feel the way we do.

6:30PM - 8:30PM

Available in **Estevan** to those 18 years and older.
Please call the office to pre-register.

**FREE OF
CHARGE**

FIND
US ON:



Estevan Office

P: 306-637-4004

info@envisioncounsellingcentre.com

www.envisioncounsellingcentre.com

